

**THE INVISIBLE WOUND:
PROMOTING HEALING VIA TRAUMA INFORMED CARE CONSCIOUSNESS**

DATE & TIME: August 18, 2015

9:00 AM – 12:00 PM

All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: DMH Headquarters
550 S. Vermont Ave, 2nd Floor Conference Room
Los Angeles, CA 90020

PARKING: Free parking at DMH Parking Structure
523 Shatto Place (floors 3-8)

This training will provide participants with a comprehensive understanding of Trauma Informed Care including realizing the widespread impact of trauma, recognizing the signs and symptoms of trauma in consumers, integrating this knowledge into practice and providing consumers with tools to help reduce Post Traumatic Stress Disorder (PTSD) symptoms. The presentation will focus on the treatment of our underserved consumers, specifically our homeless and justice-involved populations, and discuss how engagement techniques with these populations differ from that of clinic-based consumers. During this training, presenters will review Attachment Theory and discuss how psychological trauma affects attachment and brain development. This training will provide a greater understanding of the impact PTSD has on these individuals and teach mental health clinicians techniques to utilize with their consumers with PTSD including, self-soothing, self-care techniques, and distraction methods to provide relief from PTSD symptoms.

TARGET AUDIENCE: DMH directly operated and DMH contract adult providers only

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Describe Trauma Theory and its significance for individuals experiencing complex trauma
2. List the effects of trauma on brain development
3. List the consequences of trauma behavior in the context of trauma.
4. List important aspects of Attachment Theory and ARC (Attachment, Self-Regulation, and Competency)
5. Identify cultural, ethnic, and gender considerations when working with traumatized consumers.

CONDUCTED BY: Nikolaos Stefanidis, Ph.D. and Moises Rodrigues, Ph.D., Children's Hospital

COORDINATED BY: Stephanie Maruska, M.A., Training Coordinator
smaruska@dmh.lacounty.gov

DEADLINE: When maximum capacity is reached

CONTINUING EDUCATION: 3 BBS, BRN, CAADAC
CE for Psychologist

COST: NONE

DMH Employees register at:
<http://learningnet.lacounty.gov>

Contract Providers complete
attached training application

☐ Cultural Competency ☐ Pre-licensure ☐ Law and Ethics ☐ Clinical Supervision ☒ General



County of Los Angeles Department of Mental Health
NON-DMH STAFF TRAINING APPLICATION FORM
Please Print or Type



Instructions

Each individual must complete a separate application form for each training he/she wishes to attend. Please complete the application in full. Applications will not be processed with incomplete or inaccurate information. Notification of registration confirmation for a training will be provided by the training coordinator. Unless otherwise specified, walk-in registrations will not be admitted.

For trainings, sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be permitted.

This form is not to be used for LPS Designation Training. The LPS Application is available at lacdmh.lacounty.gov/training&workforce.html.

Training Title

(as in DMH bulletin) **The Invisible Wound: Promoting Healing Via Trauma Informed Care**

Date(s) **August 18, 2015**

Training Coordinator: **Stephanie Maruska, MA**

County Employee Number

(non-county employees supply the last four digits of the SSN)

Name

Program, Service or
Agency

Job Title

Address

City

Zip Code

Telephone

Email

License or Credential Number(s) (complete as many as applicable)

CAADAC

LCSW

LPT

LVN

MD

MFT

Psychologist

RN

Supervisor's Approval (Applications will not be processed if not signed by supervisor)

Print Supervisor Name

Supervisor's Signature

For processing, please return Application to:
**Los Angeles County-Department of Mental Health
Adult System of Care (ASOC)
550 S. Vermont Ave, 3rd Floor
Los Angeles, CA 90020**

Fax: 213.427.6178

Phone: 213.738.3077

Email: smaruska@dmh.lacounty.gov

(When faxing, there is no need to use a cover sheet)